

Grape and Cashew Salad Sandwich

Prep time: 15 minutes

Makes: 4 Servings

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Ingredients

- 1 cup** low-fat cottage cheese
- 1 1/2 cups** red grapes (quartered)
- 1** celery stalk (chopped)
- Ground black pepper to taste
- 3/4 cup** dry roasted cashews (unsalted, coarsely chopped)
- 2 tablespoons** fresh parsley (chopped)
- 8** lettuce leaves
- 8 slices** whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread 1/4 salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	16 g	25%
Protein	19 g	
Carbohydrates	45 g	15%
Dietary Fiber	6 g	24%
Saturated Fat	3.5 g	18%
Sodium	430 mg	18%

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	2 ounces
Dairy	1/4 cup

Notes

Serving Suggestions: Serve with a side of raw baby carrots and 1 cup of sparkling water with a lemon wedge.